

## 'QUICK HELP' FOR KIDNEY STONE PASSING/PAIN

Natural Wellness in extreme need.

When you know by diagnosis, or just from right and left flank pain (right or left side of your mid to lower back toward your sides ), that you are passing a kidney stone; Here is what has proved effective every single time we have seen it applied.

Hopefully you will have some ***Kidney Bladder Dissolve Tea; Kidney Bladder Sustain Formula;*** and some ***fresh squeezed lemon juice.***

**Step One:** Pour at least ***½ cup full of straight lemon juice*** and begin sipping on it—should take 15 minutes to take this in. While sipping on the juice...Have someone massage your flank where the pain is located, going from top to bottom of the pain

**Step Two:** Prepare ***three quarts of water*** in a large Stainless Steel kettle, add ***three fourths (3/4) cup dry herb from the bag of Kidney Bladder Dissolve Tea.*** COVER with a lid and ***bring to a slow boil for 5 minutes.***

**Step Three:** Dip out ***2 cups of tea*** and to each ***cup add 4 droppers full of the Kidney Bladder Sustain Formula,*** and let set for 5 minutes then drink

**Step Four:** ***Strain*** out the tea and ***add appropriate number of droppers*** full as in Step Three, to the remainder of the Kidney Bladder Dissolve Tea.

**Step Five:** Drink cup after cup all the rest of your waking hours for at least three to five days, using approximately three quarts of this tea and formula daily. You should be free of pain within the hour from beginning this regime, and you should pass stones within a few hours. If not, do more, it surely will come, just beware that this is DISSOLVE tea, and that you may not visualize any actual stones, as they may be sloughed off as sludge. When the pain is gone the stone has sufficiently decreased in size and will continue to do so, until you either pass it or it dissolves completely.

Your kidney probably has more stones, so a week of this program approximately every two months, will help heal the kidney,

cause the swelling to disappear, and dissolve any other stones existing in the renal system. Be sure to ascertain the cause of the stone/s and change the lifestyle...Here's a partial list of causative factors for stones, and kidney inflammation.

Calcium supplements  
water on board

Dehydration—not enough

Coffee, caffeinated teas and other drinks Soda Pop

Chocolate

Dairy—milk and cheese

Food additives, and other chemicals

Not enough exercise